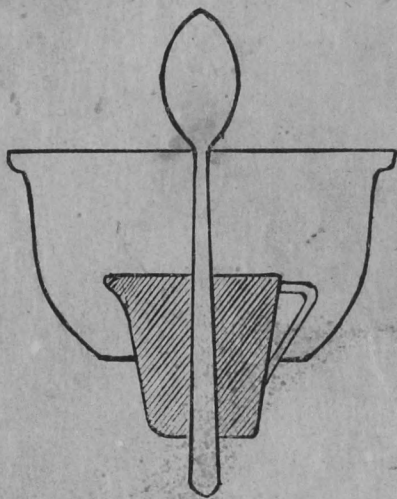


Souvenir

Cook Book



by

Fort Whoop Up Ladies' Club

Lethbridge, Alberta



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FOREWORD

TO THOSE FOLKS who are intrigued by the name on the cover, we would like to explain. The Fort Whoop-Up Ladies' Club of eight members was organized about six years ago for the purpose of assisting in the war effort and for social times. The above name was selected because our locality is adjacent to the site of Old Fort Whoop-Up.

From time to time members solicited especially appealing recipes from each other. The idea of assembling each member's favorite every-day recipes and incorporating them into a Cook Book was suggested.

This little Cook Book is the result. Its aim is to provide its members with a souvenir of their years of pleasant association, and others with some very practical recipes that we used daily in our own homes.

We would like to use this opportunity to thank all those who placed ads in our book, and thus made the printing possible.

FORT WHOOP-UP LADIES' CLUB

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Cheese Muffins

1 egg	1 tblsp. shortening
1 cup milk	$\frac{1}{2}$ tsp. salt
2 cups flour	2 oz. grated cheese.
3 tsp. baking powder	

Beat egg until light, add milk. Mix and sift dry ingredients together. Add to first mixture, beat just enough to blend thoroughly. Add cheese and melted shortening. Half fill greased muffin tins and bake in moderate oven 20 minutes, temperature 400°. Makes 12 muffins.—Sara Morden.

Muffins

$\frac{1}{2}$ cup brown or white sugar	Little salt
2 eggs, beaten	1 tsp. baking powder
1 cup sour cream	1 cup whole wheat flour
1 tsp. soda dissolved in cream	1 tblsp. molasses.

Mix all ingredients together, just enough to dampen flour. Bake in muffin pans and moderate oven until done.—Beatrice Whitney.

Raisin Scones

4 cups flour	$\frac{1}{2}$ cup sugar
2 tsp. baking powder	$\frac{1}{2}$ cup butter
1 tsp. salt.	1 cup raisins, chopped.

Sweet milk, about 2 cups, to make a soft dough

Roll dough to half an inch thickness. Cut in triangles and bake on a cookie sheet in a moderate oven until delicately browned.—Beatrice Whitney.

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Standard Biscuit Dough

2 cups flour	Cut in 3 tblsp. shortening
4 tsp. baking powder	1 cup milk.
$\frac{1}{2}$ tsp. salt	

Pat dough out lightly on floured board and cut with biscuit cutter. Bake on buttered sheet 10 to 15 minutes in hot oven.

To vary the biscuit dough, add a little grated rind to flour for biscuit dough. Dip small cubes of loaf sugar in orange juice, then press one cube into centre of each biscuit. Bake 15 minutes.—Anne O'Neill.

All - Bran Muffins

4 tblsp. shortening	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup sugar	1 cup flour
1 egg	$\frac{1}{2}$ tsp. salt
1 cup Kellogg's All-Bran	$2\frac{1}{2}$ tsp. baking powder.

Cream shortening and sugar; add egg and beat well. Add All-Bran and milk; let soak until the moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in a moderate oven (400°) about 30 minutes.

NOTE: When sour milk or buttermilk is used instead of sweet milk; use one-half teaspoon soda and only one teaspoon baking powder.—Betty Luco.

Scones

6 cups flour	3 large tblsp. Rogers Syrup
6 tsp. baking powder	1 qt. sour milk or buttermilk
1 tsp. salt	

Sift all dry ingredients, rub syrup into flour, add milk. Bake on griddle on top of stove.—Jessie Morden.

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Scotch Scones

3 cups flour	1 tsp. cream tartar
2 tblsp. syrup	1½ cups sour milk
1 tsp. soda	
¼ cup each butter and shortening	

Combine all dry ingredients. Mix, add sour milk all at once. Handle as little as possible.—Mrs. O. J. Lee.

Potato Scones

1½ cups flour	1 cup mashed potatoes
2 tsp. baking powder	1/3 cup shortening
½ tsp. salt	1 egg, beaten

Milk to make a dough to be kneaded.

Sift and mix the ingredients, knead and roll out and bake in a hot oven.—Mrs. O. J. Lee.

Plain Muffins (with Crisco)

2 cups flour	3 tblsp. shortening
2 tsp. sugar	1 egg
4 tsp. baking powder	¾ cup milk
1 tsp. salt	

Sift flour, sugar, baking powder and salt together. Stir in egg beaten with milk. Mix lightly. Don't try to get a smooth batter. Add melted shortening. Bake in muffin pans rubbed with shortening in hot oven 20 - 25 minutes. Yields 12 - 14 muffins.—Grace Alexander.

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Bran Muffins

3 tblsp. crisco	1 tsp. baking powder
3 tblsp. sugar	$\frac{1}{2}$ teaspoon salt
1 egg	1 cup flour
1 cup sour milk	1 cup bran
$\frac{1}{2}$ teaspoon soda	

Blend crisco, sugar and egg together. Add bran, milk and rest of dry ingredients sifted together. Pour into small muffin tins rubbed with butter. Bake in moderate oven.

Sour cream can be used in place of milk, but omit the crisco.—Irvina Alexander.

Graham Muffins

1 cup flour	$\frac{3}{4}$ cup Graham flour
$\frac{1}{2}$ tsp. salt	1 beaten egg
2 $\frac{1}{2}$ tsp. baking powder	1 cup milk
2 tblsp. sugar	$\frac{1}{4}$ cup melted shortening

Mix all dry ingredients together, then add slightly beaten egg, milk and shortening.

Mix quickly, but do not beat. Put in muffin tins and bake in hot oven for 20 minutes. Have tins well greased.—Irvina Alexander.

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LETHBRIDGE, ALBERTA

Orange Chocolate Sponge Cake

- 4 egg yolks
- 1/16 tsp. cream of tartar
- 1/3 cup cocoa syrup
- 1 cup (scant) sugar
- 1 tblsp. finely grated yellow portion of orange rind
- 1 cup flour, sifted before measuring
- 1 tsp. (level) baking powder
- 4 egg whites

Mix and sift flour and baking powder six times.

Beat yolks until thick and lemon colored.

Add half the sugar, little at a time, beating well between additions.

Add the cocoa syrup and orange rind.

Fold in half the sifted flour.

Beat the egg whites until stiff but not dry.

Add the remainder of the sugar, little at a time, to the whites, beating between the additions.

Fold in the remaining flour.

Combine yolk and white mixtures, carefully cutting and folding.

Pour into a fairly large tube pan or into two small loaf tins greasing only the bottom.

Bake in slow oven 300°F - 325°F for one and one-quarter hours. (One hour for smaller cakes.)

Invert cake pan to cool. Remove cake from tin after it is cold.—Betty Luco.

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Cocoa Syrup

Cut up four squares unsweetened chocolate.

Place in upper pan of double boiler.

Add: $1\frac{3}{4}$ cups sugar

$\frac{1}{6}$ tsp. salt

$1\frac{1}{2}$ cups cold water

Bring to a scald over boiling water and beat smooth with a rotary beater.

Remove from hot water and simmer over the direct heat for five minutes.

Cool and add one teaspoon vanilla.

This makes one pint of syrup. It may be used for iced or hot chocolate drinks as well as the above cake.—Betty Luco.

Banana Cake

$\frac{1}{2}$ cup butter

1 cup sugar

2 eggs, well beaten

1 cup mashed bananas

Pinch of salt

1 tsp. soda dissolved in 4 tsp. boiling

water—add this to bananas

1 tsp. vanilla

$\frac{1}{2}$ cup chopped walnuts

2 cups flour

1 tsp. baking powder

—Anne O'Neill.

Cream Cake

3 eggs, well beaten

1 cup sugar

1 tsp. vanilla

Little lemon extract

Little salt

$1\frac{1}{2}$ cups flour sifted with—

2 tsp. baking powder

1 cup sweet cream.

—Beatrice Whitney.

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Favorite Two-Egg Cake

2 $\frac{1}{4}$ cups sifted cake flour
2 $\frac{1}{4}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup butter or other shortening
1 cup sugar
2 eggs, well beaten
 $\frac{3}{4}$ cup milk
1 tsp. vanilla

Sift flour once, measure, add baking powder and salt, sift together three times. Cream shortening, add sugar gradually, cream together until light and fluffy. Add eggs and beat well. Add flour alternately with milk in small amounts, beating after each addition until smooth. Add vanilla.—Anne O'Neill.

Caramel or Burnt Sugar Cake

One cup white sugar melted and browned on stove.

Add one-half cup boiling water and stir until dissolved. When cool add one-half to cake mixture.

1 cup white sugar	1 tsp. vanilla
2 eggs	1 cup cold water
$\frac{1}{2}$ cup butter	2 tsp. baking powder
2 cups flour	

Bake in layer pans. Add enough icing sugar to balance off melted sugar to ice cake.—Grace Alexander.

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Sponge Cake

1 cup Swans Down Flour	$\frac{3}{4}$ cup sugar
1 tsp. baking powder	$\frac{1}{2}$ cup water
Salt	2 tsp. sugar
2 eggs	

Sift flour once, measure and sift three times. Beat egg yolks and water until light and fluffy. Beat in sugar a little at a time, then beat in flour, just enough to blend. Beat egg whites till foamy, add two teaspoons sugar and beat till stiff. Fold into yolk mixture.

Bake in oven 350° for 45 minutes. Invert until cool.—Betty Luco.

Tomato Soup Cake

1 tin tomato soup	1 tsp. cinnamon
1 cup white sugar	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ cup butter	1 tsp. nutmeg
2 eggs, beaten well	1 $\frac{1}{2}$ cups raisins
1 tsp. soda	$\frac{1}{2}$ cup walnuts (chopped)
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup currants
15c cherries (optional)	$\frac{1}{4}$ cup peel (mixed)

Dissolve soda in soup. Mix same as fruit cake. Bake in slow oven one hour.—Irvina Alexander.

Silhouette Cake

2-1/3 cups sifted Swans Down Flour
2 $\frac{1}{4}$ tsp. Calumet baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup butter
1 cup sugar
1 egg
2 egg yolks, well beaten

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Chocolate Mixture

- 2½ squares unsweetened chocolate, melted
- ½ tsp. soda
- 3 tblsp. sugar
- 2 tblsp. melted butter
- ¼ tsp. salt
- ¼ cup boiling water

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly. Add sugar gradually and cream together until light and fluffy.

Add egg and egg yolks and beat well. Prepare chocolate mixture by combining melted chocolate, soda, sugar, butter, salt, water and mix well. Add flour to light mixture alternately with milk, a small amount at a time. Mix thoroughly after each addition. Add vanilla. Pour one-third batter into greased eight-inch layer pan. Add chocolate mixture to remaining blend and pour into two greased eight-inch layer pans. Bake in moderate oven twenty minutes or until done.

Put lemon filling between layers and cover with seven-minute icing.—Irvina Alexander.

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Basic Recipe for Cake

A basic recipe for cake that is practically fool proof is almost essential to a housewife who must often make her baking preparations in a hurry. A recipe of this kind can be altered in so many ways that even the family cannot tell that it is the same old mixture.

2 eggs	$\frac{1}{4}$ teaspoon salt
1 cup sugar	2 cups flour
1 cup sour cream	$\frac{1}{2}$ cup milk
3 teaspoons baking powder	Flavoring to taste.
$\frac{1}{2}$ teaspoon soda	

Break eggs into a bowl, add sugar and cream and beat all three until thick and creamy with Dover egg beater. Sift all dry ingredients together and add to first mixture alternately with the milk. Add flavoring last.—Mrs. O. J. Lee.

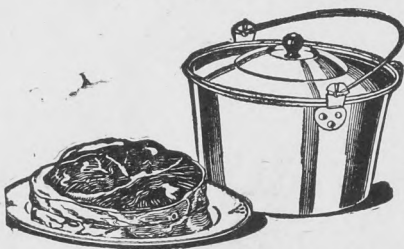
Icing

Cook $1\frac{3}{4}$ cups granulated sugar, $\frac{1}{2}$ teaspoon salt with $\frac{1}{2}$ cup water to temperature of 238° F until soft ball stage.

Pour slowly over 3 egg whites, beaten stiff, beating as you do so. Fold in 12 marshmallows cut in pieces. Add while still hot.—Mrs. O. J. Lee.

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Black Devil's Food Cake

2/3 cup Crisco	2/3 cup cocoa
1½ cups sugar	½ teaspoon soda
3 eggs	1 teaspoon vanilla
½ cup hot water	2 cups flour
2 teaspoons baking powder	1 teaspoon salt.
1 cup thick sour milk	

Blend Crisco, sugar and eggs thoroughly in one operation. Beat cocoa in hot water until smooth and add to first mixture. Then add milk beaten with soda and flavoring and lastly, stir in flour, salt and baking powder which have been sifted together. Bake in 8-inch layer cake pans in moderate oven for about 25 minutes.

Victory Chocolate Cake

2¼ cups sifted Swans Down flour	1 cup light corn syrup
2¼ teaspoons baking powder	2 eggs unbeaten
¼ teaspoon salt	½ cup milk
½ cup butter or shortening	1½ teaspoons vanilla.

Sift flour once, add baking powder and salt, sift together 3 times. Cream butter, add syrup gradually, beating well after each addition. Add ¼ of the flour and beat until smooth and well blended. Add eggs one at a time beating well after each. Add rest of flour alternately with milk. Add vanilla. Bake in moderate oven 30 mins. Cover with chocolate icing.—Sara Morden.

Jam Spice Cake

2¼ cups sifted cake flour	1 tsp. grated lemon rind
2¼ tsp. baking powder	1 cup light corn syrup
¼ tsp. salt	½ cup milk
1¼ tsp. cinnamon	1 tsp. vanilla
¼ tsp. cloves	2 eggs, unbeaten
½ cup butter or shortening	

Sift flour once, measure, add baking powder, salt and spices and sift together 3 times. Cream butter with lemon rind, add syrup gradually, beating well after each addition. Add ¼ of the flour and beat until smooth. Add eggs 1 at a time, beating well after each. Add remaining flour alternately with milk. Add vanilla. Bake in moderate oven.—Sara Morden.

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Christmas Cake (Light)

4 cups flour	1 lb. currants
1 lb. butter	$\frac{1}{2}$ lb. mixed peel
1 cup sugar	$\frac{1}{2}$ lb. almonds
10 eggs	$\frac{1}{2}$ lb. cherries (glaced)
1 lb. seeded raisins	$\frac{1}{2}$ cup orange or grape juice
1 lb. seedless raisins	1 tblsp. vanilla
1 lb. sultanas	

Cream butter, add sugar then add eggs one at a time. Add floured fruit and flour alternately, add vanilla. Line cake pans with waxed paper. Bake in moderate oven 2 to 3 hours.—Joan Sangster.

Boiled Cake (Eggless)

1 cup brown sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ tsp. each nutmeg, cinnamon, mace
1 cup cold water	1 cup raisins

Boil these ingredients 3 minutes and cool. Add 2 cups flour, $\frac{1}{2}$ teaspoon baking powder and 1 teaspoon baking soda.—Jessie Morden.

Pour into 8" square pan

Sour Cream Cup Cakes

1 egg	1 cup raisins
1 cup brown sugar	$\frac{1}{2}$ tsp. cinnamon
1 cup sour cream	$\frac{1}{2}$ tsp. nutmeg
1 level tsp. soda in cream	$\frac{1}{2}$ tsp. cloves
1 cup flour—a little baking powder may be added.	
	—Beatrice Whitney

Molasses Cup Cakes

2 tblsp. shortening	1 egg
$\frac{1}{2}$ cup cold water	1 tsp. soda
1 cup molasses	1 tsp. ginger
1-2/3 cups pastry flour	1 tsp. cinnamon

Melt shortening. Combine with water and molasses. Beat egg and add. Sift flour, soda and spices. Stir until smooth. Bake in cup cake tins.—Grace Alexander.

Sour Cream Icing

Cook 2 cups brown sugar with 1 cup sour cream very slowly for 20 minutes until soft ball forms in cool water. Cool, add $\frac{1}{2}$ teaspoon maple flavoring. Beat until creamy. Spread between layers and cover cake.—Grace Alexander.

Economical Icing

3 heaping tblsp. brown sugar
3 level tblsp. flour
Flavoring
Enough cream to mix for top of cake
2 tblsp. cocoa may be added to make chocolate icing.
—Beatrice Whitney.

Easy Icing

Icing sugar
White of an egg
Butter and flavoring.
Beat all ingredients until smooth and thick—Anne O'Neill.

Butter Icing

6 heaping tblsp. icing sugar
2 large tablespoons butter
2 tblsp milk
Cream all together until smooth.—Betty Lucco.

Icing for Wedding Cake

Whites of 6 eggs
Mix whites of eggs with icing sugar until stiff, add a pinch of cream of tartar and flavoring to taste.
Do not beat eggs.—Jessie Morden.

Peanut Cream Frosting

Wash $\frac{2}{3}$ cup butter in cold water to remove salt. Cream butter thoroughly, add 1 cup sifted confectioner's sugar gradually and cream until very light and fluffy. Add $\frac{1}{2}$ cup peanut butter, a small amount at a time. Creaming well after each addition, fold in $\frac{1}{3}$ cup confectioner's sugar.—Sara Morden.

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SEEDS & FEEDS



LETHBRIDGE, ALBERTA

Sea Foam Frosting

- | | |
|-------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup light brown sugar | $\frac{1}{4}$ tsp. cream of tartar |
| 1 cup white sugar | $\frac{1}{8}$ tsp. salt |
| $\frac{1}{4}$ cup water | Whites of 2 eggs |
| 2 tblsp. strong coffee | |

Boil sugar, water, coffee and cream of tartar without stirring until syrup spins a thread. Pour slowly over beaten egg whites, beating continually until thick enough to hold its shape. Add salt, whip again and spread thickly on cake.—Irvina Alexander.

Butter Buds (Cookies)

- | | |
|-------------------|------------------------------|
| 1 cup shortening | 4 tsp. baking powder (level) |
| 1 cup brown sugar | $2\frac{1}{2}$ cups flour |
| 2 eggs | $\frac{1}{4}$ tsp. salt |
| 2 tsp. vanilla | |

Cream shortening. Add sugar gradually, then eggs which have first been beaten. Sift 2 cups flour with baking powder and salt. Combine mixtures, add flavoring (should be same texture as soft cookie dough.) Add other $\frac{1}{2}$ cup flour if necessary. Roll in balls and press with fingers or fork.—Grace Alexander.

Frosted Viennese Drops

- | | |
|--|--------------------|
| 1 $\frac{3}{8}$ cups sifted cake flour | 1 egg yolk |
| $\frac{1}{4}$ tsp. salt | 1 egg white |
| $\frac{1}{2}$ cup butter with shortening | 2 tblsp. sugar |
| $\frac{1}{4}$ cup white sugar | Thick jam or jelly |

Measure flour and sift three times.

Cream shortening and sugar.

Beat the egg yolk until thick and add to the creamed shortening.

Gradually add the dry ingredients, combining thoroughly, and adding a little more flour, if necessary, to make a dough which can be handled.

Roll dough into balls about the size of a walnut. Place on greased pan 1 inch apart and indent with floured fingertips.

Fill indentations with jam or jelly.

Beat egg white with a little salt until stiff and gradually beat in two tablespoons sugar.

Drop spoonful of meringue over jam in cookies and sprinkle with chopped nuts.

Bake in a rather slow oven 325° F. until delicately browned.—Betty Luco.

Raisin Drop Cakes

- $\frac{1}{2}$ package seeded raisins—boil with water until moisture is all absorbed
 $\frac{1}{2}$ cup butter (cream well)
1 cup brown sugar
2 eggs, well beaten
1 tsp. soda in hot water
 $\frac{1}{2}$ tsp. nutmeg
1 cup walnuts
 $1\frac{1}{2}$ cups flour

Do not overbake. Will keep moist a long time.—Irvina Alexander.

Peanut Butter Cookies

- | | |
|--------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | 2 eggs |
| $\frac{1}{2}$ cup lard | 1 cup peanut butter |
| 1 cup brown sugar | $2\frac{1}{2}$ cups flour |
| 1 cup white sugar | 2 tsp. soda |

Mix well together. Form into small balls, put in pans and press with finger or fork.—Grace Alexander.

Ginger Cookies

- | | |
|----------------------|--------------------------------|
| 1 cup lard or butter | 2 tsp. baking powder |
| 1 cup brown sugar | 2 tsp. ginger |
| 1 cup molasses | 1 tsp. salt |
| 2 tsp. soda | 4 cups flour $3\frac{1}{2}$ C. |

Roll in balls, dip in sugar—just one side in sugar, the other side in flour as it takes a lot to dip all in sugar. Bake in moderate oven.—Beatrice Whitney.

Syrup Cookies

- | | |
|----------------------|---------------------------|
| 1 cup butter or lard | 2 tsp. cinnamon |
| 2 cups sugar | 1 cup warm water |
| 2 cups syrup | 4 tsp. soda in warm water |
| 3 eggs | Flour to roll |

Bake in moderate oven. This makes a big batch of cookies
—Beatrice Whitney.

Date Balls

- | | |
|-------------------------|-------------------------|
| 1 egg | 2 tsp. baking powder |
| $\frac{1}{2}$ cup sugar | 1 cup nuts |
| $\frac{1}{4}$ cup milk | 1 cup dates |
| 1 cup flour | $\frac{1}{4}$ tsp. salt |

Roll dough in hands to make balls size of walnut. Bake. While hot, roll in sugar.—Joan Sangster.

Rice Flour Tarts

2 oz. butter	2 oz. rice flour
2 oz. sugar	$\frac{1}{4}$ tsp. baking powder
1 egg	1 tblsp. milk
Salt	

Line patty pans with pastry. In the bottom of each drop a spoonful of jam. Cover each with a spoonful of the above mixture. Bake in moderate oven until brown.—Betty Luco.

Vinegar Tarts

1 egg	1 tblsp. vinegar (white)
1 cup brown sugar	$\frac{1}{2}$ cup currants

Beat eggs with egg beater and add vinegar and sugar. Mix well. Line patty pans with any rich pastry. Sprinkle a few currants in bottom of each shell. Then cover with 1 tablespoon of mixture. Bake in quick oven.—Jessie Morden.

Date Tarts

1 cup dates	$\frac{1}{2}$ cup butter
1 cup brown sugar	3 eggs
1 cup walnuts	

Line muffin tins with rich pastry and fill with the above.
—Mrs. O. J. Lee.

Butter Tarts

1 cup currants or raisins	1 egg
1 cup brown sugar	$\frac{1}{2}$ tsp. vanilla
2 tblsp. butter	$\frac{1}{2}$ tsp. nutmeg (if liked)

Scald currants with boiling water; drain and, while currants are still warm, add the rest of the ingredients. Line patty pan with pastry and bake in hot oven.—Anne O'Neill.

Millionaire Pie

20 Graham wafers	$\frac{1}{3}$ tsp. cinnamon
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup melted butter

Roll wafers fine. Set aside $\frac{1}{2}$ cup for topping. Add sugar, cinnamon and butter. Mix thoroughly. Line sides and bottom of pie plate with mixture.

2 cups milk	3 egg yolks
$\frac{1}{2}$ cup sugar	Vanilla
2 tblsp. corn starch	

Scald milk. Dissolve corn starch in a little cold milk, add to beaten egg yolks with sugar and vanilla. Add all to milk and cook until thick. Pour into pie shell.

Cover with meringue made from 3 egg whites and $\frac{1}{2}$ cup sugar. Sprinkle remaining crumbs over top of meringue. Brown in moderate oven.—Betty Luco.

Best-Yet Apple Pie

- | | |
|--|-------------------|
| 2 $\frac{1}{4}$ cups rich pastry | 1 cup brown sugar |
| 3 cups sliced apples | 2 tblsp. butter |
| $\frac{3}{4}$ cups granulated sugar or | |

Use part of paste to line 9 inch pie plate. Mound apples in pan. Sprinkle with sugar, dot with butter, dampen rim and cover pie with paste with slits cut for steam to escape. Seal, trim and crimp. Place in hot oven for 12 minutes, lower heat and bake until fruit is done.

Flavor Hints: Grate nippy cheese over sugared apples, rather than dotting with butter—or add grated cheese to pastry before it is mixed with water. Add 2 teaspoons cinnamon, or 1 teaspoon grated nutmeg to sugar or sprinkle 1 tablespoon lemon juice over apples.—Grace Alexander.

Butter Scotch Pie

- not packed*
heaped
- | | |
|------------------------|---------------------|
| Pastry to line plate | 2 egg yolks |
| 1 cup brown sugar | 1 tsp. vanilla |
| 2 tblsp. flour | 1 cup boiling water |
| 1 heaped tblsp. butter | |
- add butter & vanilla last*

Beat egg whites for meringue.—Mrs. O. J. Lee.

Lemon Pie

- | | |
|-------------------------|------------------------|
| 3 tblsp. flour | 1/3 cup lemon juice |
| 3 tblsp. corn starch | Grated rind of 1 lemon |
| $\frac{1}{2}$ tsp. salt | 2 cups water |
| 1 cup sugar | 1 tblsp. butter |
| 2 eggs | |
- + sugar*

Mix flour and corn starch together and blend with a little water. Add remaining water and lemon rind and cook until thick. Heat yolks with sugar and add to thickened mixture, then lemon juice, add butter and beat well. Cover with meringue and brown in oven. Fills 10 inch pie plate.—Anne O'Neill.

Open Top Apple Pie

- | | |
|----------------|-----------------|
| 6 to 8 apples | 1 tsp. cinnamon |
| 1 tblsp. flour | 1 tblsp. crisco |
| 1 cup sugar | |

Core, peel and slice apples. Mix with sugar, flour and cinnamon. Arrange in unbaked shell. Dot with crisco. Bake at 450° for 10 minutes. Reduce the temperature to 370° and bake for 1 hour.—Sara Morden.

Sour Cream Pie

1 cup raisins	2 egg yolks
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ tsp. cinnamon
1 cup sour cream	1 tsp. soda added last

Cook filling in saucepan and pour into baked shell.

Beat egg whites with a little sugar put on top. Brown a little.—Beatrice Whitney.

Pumpkin Pie

3 cups or 1 can of pumpkin	$\frac{1}{2}$ tsp. salt
3 eggs	$\frac{1}{2}$ tsp. cinnamon, nutmeg
3 cups milk	$\frac{1}{2}$ tsp. allspice
2 cups sugar	

Bake in one shell until firm.—Jessie Morden.

Raisin Pie

2 cups raisins	1 tblsp. corn starch
$\frac{1}{2}$ cup sugar	

Cover raisins with water and cook 15 minutes, add sugar. Thicken with corn starch. Bake in double pie crusts.—Joan Sangster.

Pineapple Pie

Dissolve 1 tablespoon corn starch in a little cold water and mix it with the yolks of 3 eggs.

Mix grated rind of 1 lemon and 1 orange and 1 cup grated pineapple and 1 cup sugar. Add 1 cup of water and 1 tablespoon butter and set over fire.

When it boils add egg and starch mixture and stir until it thickens, then pour into a baked pie shell. Half a cup of grated cocoanut may be added to hot mixture. Serve with whipped cream or baked meringue.—Irvina Alexander.

Baked Apple Pudding

Peel and slice 5 apples into pudding dish. Sprinkle $\frac{1}{2}$ cup of sugar over apples.

Batter:

1 egg	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ cup sugar	1 cup flour
$\frac{1}{2}$ tsp. salt	
1 heaping tsp. baking powder	

Mix and pour over apples. Cook in a moderate oven until cooked.—Jessie Morden.

Caramel Dumplings

1 cup brown sugar 1 tblsp. butter
2 cups water ½ cup seeded raisins

Mix altogether and boil for 8 minutes then pour into a dish. Drop batter into it by spoonful.

Batter:

1 cup sugar ¼ tsp. salt 1 tsp. baking powder
1 tblsp. butter 1 cup milk 1 cup flour

Cream butter and sugar. Add flour and baking powder, sifted, alternately with milk. Use only enough milk to make quite a stiff batter. Bake in oven 30 minutes. Serve with whipped cream.—Irvina Alexander.

Quick Pudding

½ cup sugar 1 cup flour
2 tsp. baking powder Pinch salt
1 cup raisins or dates ½ cup milk

Combine above and put in greased baking dish.

Mix: 1 cup brown sugar
2 cups boiling water
1 tblsp. butter.

Pour this over batter and bake in a moderate oven 30 to 40 minutes.—Grace Alexander.

new Rice Pudding

½ cup rice ½ tsp. salt
½ cup sugar 1 tsp. vanilla
2 eggs 1 cup raisins

Wash rice, mix all ingredients and pour in greased baking pan. Cook in slow oven for 2 to 3 hours, stirring every 15 minutes for first hour.—Joan Sangster.

Apple Pudding

Make rich biscuit dough as follows:

1 cup flour 1 tblsp. baking powder
2 tblsp. butter ¼ tsp. salt
1 tsp. sugar ½ cup milk

Roll dough rather thin and spread with cup of finely chopped tart apples over which sprinkle ¼ cup brown sugar, nutmeg, dot with bits of butter. Roll as jelly roll. Cut in thick slices. Lay flat in baking dish and pour over following sauce:

½ cup sugar 1 tblsp. flour Pinch salt

Pour on gradually 1 cup boiling water. Stir until it thickens and add 2 tablespoons butter. Pour over pudding and bake in quick oven until light brown.—Mrs. O. J. Lee.

Bread Pudding Deluxe

- 2 cups milk scalded
- 2 tblsp. butter
- 1 cup stale bread cut into $\frac{1}{2}$ inch cubes
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. vanilla
- $\frac{1}{2}$ tsp. almond extract
- 2 eggs lightly beaten
- 1 cup cocoanut
- $\frac{1}{2}$ cup raisins

Combine milk, butter and bread. Add salt, sugar and flavoring to eggs and beat slightly. Pour milk mixture over egg mixture. Add the cocoanut and raisins. Pour into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 45 to 50 minutes. Serves 6.—Mrs. O. J. Lee.

Banana Tapioca

- | | |
|--------------------------------|---------------------------------------|
| 2 cups milk | $\frac{1}{2}$ tsp. grated orange rind |
| $\frac{1}{2}$ tsp. salt | 3 bananas |
| 2 tblsp. quick cooking tapioca | 1 egg |
| 2 tblsp. orange juice | $\frac{1}{4}$ cup sugar |

Combine milk, salt, tapioca, egg yolk and sugar. Mix well and cook over hot water 10 minutes, stirring constantly. Add orange juice and rind, pour slowly over stiffly beaten egg whites, mixing well. Cool. Pour pudding and sliced bananas in layers in tall glasses.

Approximate yield—6.—Betty Luco.

Lemon Sponge Pudding

- Combine: 1 cup sugar
 $\frac{1}{4}$ cup flour
 $\frac{1}{8}$ tsp. salt
2 tblsp. melted butter
- Add. 4 to 5 tblsp. lemon juice
- Stir in: 2 egg yolks, beaten
1 cup scalded milk
Mix well.
- Fold in: 2 egg whites, beaten stiff

Pour into a greased casserole and bake for 1 hour in 325° oven.

NOTE: This pudding separates into a custard on the bottom and cake on top.—Betty Luco.

Carrot Pudding

- | | |
|--|--------------------|
| 1 cup suet | 1 cup currants |
| 1 cup brown sugar | 1 egg |
| 1 cup grated raw carrot | 1 tsp. salt |
| 1 cup grated raw potato | 1 tsp. baking soda |
| 1 cup raisins | |
| 1 tblsp. lemon extract or juice of one lemon | |
| $\frac{1}{2}$ cup flour | |
| $\frac{1}{2}$ tsp. each cinnamon, cloves, nutmeg | |
| 2 tblsp. sour milk or enough to make a drop batter | |

Steam 2 hours.—Anne O'Neill.

Meat Dish

Cut up left-over meat. Add 1 or 2 sliced carrots and 1 nice-sized onion. Use left-over gravy and cook together for $\frac{1}{2}$ hour. Put in casserole and cover with baking powder biscuits and place in oven to bake.—Jessie Morden.

Creole Pot Roast

4 or 5 lb. pot roast

Rub flour well into meat and salt and pepper to taste, brown well on both sides, add 2 cups chopped carrots and 2 cups chopped celery and 2 or 3 chopped onions and 1 can tomatoes. Allow to simmer slowly until tender, turning occasionally to prevent burning.—Sara Morden.

Chili Con Carne

- | | |
|-----------------------------|--|
| 1½ lbs. hamburger | $\frac{1}{4}$ tsp. pepper |
| $\frac{1}{4}$ cup bacon fat | $\frac{1}{2}$ cup boiling water |
| 2 tsp. chili powder | $\frac{1}{2}$ cup tomato juice or soup |
| 1 sliced onion | 1 cup dry beans |
| 2 tsp. salt | |

Cook beans with $\frac{1}{2}$ teaspoon soda 20 minutes in boiling water to cover. Fry meat 5 minutes in bacon fat. Add remaining ingredients and simmer for 45 minutes.—Betty Luco.

Favorite Meat Loaf

- | | |
|---|---------------------------|
| 1½ lbs. beef chuck (ground) | |
| $\frac{1}{4}$ lbs. pork loin ends (grounds) or hamburger meat | |
| $\frac{1}{4}$ cup onion (cut fine) | |
| $\frac{1}{4}$ cup catsup | |
| 1 cup rolled oats (fine) | |
| 1 egg, well beaten | 2½ tsp. salt |
| 1 cup water | 1 tsp. mustard |
| | $\frac{1}{4}$ tsp. pepper |

Combine all ingredients in order listed and mix well. Pack firmly into loaf pan. Bake in medium hot oven (375° F.) for 1 hour. Slice and serve hot or cold. Serves 8.—Grace Alexander.

Mock Duck

Take a slice of round steak, make a dressing and spread it over the steak. Roll up and wind with a string. Bake it as you would roast beef, but not so long. Serve hot or cold.—Anne O'Neill.

Shepherd's Pie

Take left-over potatoes and put through ricer. Take left-over meat and put through mincer, add left-over gravy. Cook 10 or 15 minutes. Put in bottom of baking dish and cover with potatoes. Bake $\frac{1}{2}$ hour.—Beatrice Whitney.

Veal Birds (Serves 6)

2 lbs. veal steak (cut $\frac{1}{4}$ inch thick)
1 cup sage or onion stuffing, salt, flour, fat
1 cup milk

Cut veal into 2 inch by 4 inch pieces. Place a mound of stuffing on each piece, fold veal over the dressing and fasten with a toothpick. Season, roll in flour, brown in fat and add milk.

Cover and simmer or bake in moderate oven 350° one hour. Veal can be wrapped around sausages or whole cooked carrots.

Serve with pan browned potatoes, buttered asparagus or peas, steamed carrots.

Dessert: Apricot pie.—Irvina Alexander.

Good Supper Dish

Cut slice of tomato 1 inch thick and put in muffin tin. Break egg on top of tomato slice, dot with butter, add salt and pepper. Bake in moderate oven until each egg is cooked. Remove from tins and place one on slice of butter toast. Serve hot.—Irvina Alexander.

Codfish Balls

Take four cups of mashed potatoes, three cups of boiled codfish, minced fine. Add butter, mix well together; then add two beaten eggs, beating it up again thoroughly. Drop by spoonful into hot lard and fry the same as doughnuts. Are nice fried in croquette baskets. Other left-over fish can be used.—Jessie Morden.

CATELLI'S NEW RECIPES



SPAGHETTI

LYONNAISE SPAGHETTI

Serves 8 Persons

- 1 lb. Catelli's Splendor Spaghetti
- 1 onion
- 1 green pepper
- 1 pimento
- 4 teaspoonfuls bacon fat or butter

Prepare spaghetti as directed below. Chop onion green pepper, pimento and fry until onions begin to brown. Add spaghetti, keep cooking until onions and spaghetti are well mixed.

READY-CUT MACARONI

MACARONI WITH LEFT-OVER MEAT

Serves 6 to 8 Persons

- 1 lb. Catelli's Splendor Ready-Cut Mac.
- 1½ cups left-over meat
- 2 cups gravy
- ½ onion, chopped
- 1 tablespoon melted butter
- ½ teaspoon pepper
- ½ teaspoon salt
- Buttered bread crumbs
- 1 cup grated cheese

Prepare the macaroni as directed below. Mix together the chopped meat, gravy, onion, butter, salt and pepper.

Combine well with the cooked macaroni and place in a well-greased baking dish. Cover with the crumbs and bake for 20 minutes.



Macaroni Is A Change for Potatoes!

CATELLI LTD.

Supper Dish

- 1 pkg. Creamettes—cooked till tender
- 1 can tomatoes
- 2 or 3 strips bacon cut up—fry with a little onion
- salt and pepper
- piece of butter

Mix altogether. Bake $\frac{1}{2}$ hour.—Beatrice Whitney.

Macaroni, Tomato and Cheese

- | | |
|------------------------|-----------------|
| 1 cup macaroni | 3 tblsp. butter |
| 2 cups cooked tomatoes | Grated cheese |
| 1 slice onion | Salt and pepper |

Cook macaroni until tender. Then place macaroni in buttered baking dish and cover with tomatoes, onion, butter, cheese and bake in moderate oven.

To vary, 1 teaspoon Worcestershire sauce and 3 tablespoons flour may be added.—Anne O'Neill.

Corn Meal Puff with Sausage

- 2 cups milk or (1 cup evaporated milk and 1 cup water)
- 1 cup yellow corn meal
- 2 eggs, separated
- 1 tsp. baking powder
- 1 tsp. salt
- $\frac{1}{2}$ green pepper sliced
- 12 link sausages

Scald milk, stir corn meal slowly into milk. Continue to stir until smooth. Cook over low heat until thickened, stirring occasionally. Cool slightly. Beat egg yolks slightly, add baking powder, salt, green peppers. Stir in corn meal mixture.

Whip egg whites until stiff, but not dry, and fold into corn batter.

Pour into greased baking dish, arrange sausages on top, bake in a moderately slow oven 325° F. for 40 minutes or until light brown. Makes six servings.—Mrs. O. J. Lee.

Supper Dish

- | | |
|------------------------------|-----------------|
| 3 large raw potatoes, grated | Little onion |
| 6 eggs—beat well | Salt and pepper |

Pour in frying pan with a little butter. Cut, fold, turn over when cooked.—Beatrice Whitney.

Egg and Potato Scallop Supper Dish

- 6 hard boiled eggs
- 2 to 3 cups coarsely cut boiled potatoes
- 1 medium onion chopped
- 2 cups milk sauce

Combine potatoes and sliced egg in flat baking dish with onion and salt and pepper. Pour sauce over and sprinkle generously with grated cheese. Bake in medium oven until light brown.—Grace Alexander.

Eggs in Potato Nests

Shape mashed potatoes into small nests, using about $\frac{1}{2}$ cup for each. Put a small piece of butter in each nest, then break in an egg, being careful to keep yolk whole. Sprinkle top with salt and paprika and set in oven until the egg is cooked and the potato slightly browned. Serve hot with crisp slices of fried bacon. Or the bacon may be wrapped around the nest.—Betty Luco.

Baked Salmon Roll

- 1 cup salmon or any cooked flaked fish
- $\frac{1}{2}$ cup grated raw carrots
- 1 tblsp. minced onion
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- Single crust recipe pastry

Combine fish, carrots, onions and the seasonings. Moisten with water. Make pastry. Roll dough in a rectangle. Lay fish filling down the centre. Fold dough over; seal edge. Place on baking sheet. Bake 40 to 45 minutes at 425° F. Serve with creamy egg sauce and decorate with slices of hard-cooked egg. Serves 4 to 6.—Betty Luco.

Creamed Vegetables

- | | |
|---------------------|-------------------------------------|
| 4 tblsp. fat | $\frac{1}{2}$ tsp. prepared mustard |
| 4 tblsp. flour | 1 cup cooked lima beans |
| 1 tsp. salt | 1 cup cooked peas |
| Dash of pepper | 1 cup diced carrots |
| 2 cups milk | 3 hard cooked eggs, chopped |
| 2 tsp. grated onion | 6 shredded wheat biscuits |

Melt fat in saucepan, add flour, salt and pepper, and blend. Add milk, slowly stirring constantly, cook until thick and stir in remaining ingredients. Reheat and serve on shredded wheat biscuits. Serves 6.—Sara Morden.

Casserole of Vegetables

2 cups diced celery	2 cups diced potatoes
2 cups diced carrots	1 onion

Arrange the diced raw vegetables in layers in a baking dish. Season with salt and pepper, and a little sugar, add a little water, cover and bake in a slow oven until tender. Pour over $1\frac{1}{2}$ cups of white sauce with a tablespoon of chopped parsley added and serve at once.

Other combinations of vegetables may be used in same way.
—Jessie Morden.

Corn Fritters

$1\frac{1}{4}$ cups flour
1 can corn or 2 cups cut from cob
1 tsp. baking powder
1 tsp. salt
$\frac{3}{8}$ tsp. pepper
2 eggs

Sift all dry ingredients together. Add corn and beaten egg yolks. Beat thoroughly, then add stiffly beaten egg whites. Fry in deep fat until brown at 360° F. If using fresh corn, add little milk.—Joan Sangster.

Cabbage Baked in Cream

4 cups finely chopped cabbage	$\frac{1}{4}$ tsp. salt
2 eggs	Dash paprika and cayenne
1 tblsp. melted butter	1 cup grated cheese
$\frac{1}{2}$ cup cereal cream	$\frac{1}{2}$ cup buttered crumbs

Cook cabbage in very little boiling, salted water for 7 minutes.

Drain and press dry, place in an oiled casserole.

Beat the eggs.

Add the melted butter, cream, seasonings and cheese.

Pour this mixture over the cabbage and bake in a slow oven for 35 minutes.

Sprinkle with the buttered crumbs and return to the oven till lightly browned.—Betty Luco.

Carrot Sticks

Cut new or old carrots in long sticks and soak in cold water until crisp. Serve like celery.—Grace Alexander.

Parsnips

Boil parsnips until tender. Dip in beaten egg and cracker crumbs. Fry in deep fat until brown.—Sara Morden.

Corn Fritters

- | | |
|---------------------------|----------------------------|
| $\frac{1}{2}$ cup milk | $\frac{1}{3}$ tsp. pepper |
| 2 cups cooked corn | 2 tsp. baking powder |
| $1\frac{1}{2}$ cups flour | 1 tblsp. melted shortening |
| 1 tsp. salt | 2 eggs |

Mix all and beat well. If fried in deep fat use 2 cups flour and 3 teaspoons baking powder.—Anne O'Neill.

Corn Pudding

- | | |
|----------------------------------|----------------------|
| 1 qt. canned corn | 1 small onion, diced |
| $1\frac{1}{2}$ cups milk | 2 eggs, well beaten |
| Small green pepper cut in strips | 1 tblsp. butter |

Put all in a baking dish and bake until firm in moderate oven.—Irvina Alexander.

Scallop Potatoes (Supper Dish)

- 6 medium-sized potatoes
- 1 medium-sized onion

Grease dish. Slice layer of potatoes then onion; sprinkle with flour, then salt and pepper. Continue doing this until dish is full. Cover with milk. Bake for 1 hour in moderate oven. About 15 minutes before taking from oven, lay strips of bacon on top and let cook.—Joan Sangster.

Dill Pickles

Wash cucumbers and soak over night in cold water (ice water if possible). Wipe dry and put in sealers with dill, some of the tops, if possible, also one or two bay leaves. Make a syrup of:

- 2 cups white vinegar
- 6 cups water
- $\frac{1}{2}$ cup coarse salt—less if fine salt
- $\frac{1}{4}$ tsp. alum

Pour over while hot.—Sara Morden.

Nine Day Pickle

Four quarts cucumbers—either small, whole size or large size cut in rings.

Soak them in a heavy brine for 3 days. (A heavy brine will float an egg.)

Drain and let stand for 3 days in clear water, changing the water each day. Drain again and simmer (not boil) for 1 hour in weak vinegar and water and a piece of alum about the size of an egg. Drain this liquid off and throw away. Make the following hot syrup and let stand on pickles over night:

3½ lbs. sugar	1 oz. celery seed
1 oz. allspice buds	1 oz. cinnamon buds
3 pints malt vinegar	

Drain off the syrup, reheat and pour it over the cucumbers again. Repeat the heating of the syrup and pouring it over the cucumbers for 3 days.

These pickles will keep in an open crock.—Betty Luco.

Green Tomato Olives

3 qts. small green tomatoes	1 stick cinnamon—whole cloves
¼ cup salt	2 cups vinegar
8 cups water	1 cup water
3 lbs. brown sugar	

Peel tomatoes carefully. Combine the salt and the 8 cups water and add the peeled tomatoes to this. Cook slowly until the tomatoes are slightly tender. Drain and place 1 whole clove in the top of each tomato. Mix the vinegar, 1 cup water, the brown sugar and the cinnamon. Bring to a boil and boil for 5 minutes. Pour the hot syrup over the tomatoes and let stand over night. Remove the tomatoes from the syrup and bring syrup to the boil and again pour over tomatoes. Third day bring to the boil without removing the tomatoes.

Pack tomatoes into hot sterilized jars, cover with boiling syrup and seal immediately.—Irvina Alexander.

Saccharine Pickle (Perfect Sweet)

Wash small medium-sized cucumbers (cut ripe large ones). Pack in jars, add 2 tablespoons salt to a quart and fill with water.

Let stand two hours. Pour off water and measure before discarding as it determines the amount of pickle mixture to prepare.

Mixture: To each 2 quarts vinegar (white) add 1 quart water, half cup salt, (N.B.—Keep these 3 ingredients in this ratio), heaping teaspoon mixed spices and ½ teaspoon powdered saccharine. Bring mixture to boil. Then pour over pickles in jars, but do not cook pickles. Seal. Onions and cauliflower may be added.
—Grace Alexander.

Mustard Pickle

Into a basin, put—

1 lb. flour
½ oz. (1 tsp.) tumeric
4 small dessert spoons prepared mustard
4 lbs. of brown sugar

Mix with cold vinegar in pan and bring to boil, stirring all the time. Add vegetables. Boil 10 minutes.—Beatrice Whitney.

Sweet Cucumber Pickle

Soak cucumbers in brine over night.

Brine:

1 cup salt
1 gallon water
1 dessert spoon alum

Ingredients:

$\frac{1}{2}$ gal. vinegar
 $\frac{1}{2}$ gal. water
4 cups sugar
1 10 cent packet pickling spice

Put pickling spice in bag. Boil vinegar, water, sugar and pickling spice for 5 minutes. Then add cucumbers and bring to a boil. Put in jars and seal.—Jessie Morden.

Chili Sauce (Relish)

2 baskets of ripe tomatoes	$1\frac{1}{2}$ cups vinegar (white)
5 large onions	10 cent packet pickling spice
25 cents apples	1 tblsp. salt
$1\frac{1}{2}$ cups sugar	

Cut up tomatoes and put onions and apples through chopper. Tie pickling spice in bag. Boil for 2 hours.—Jessie Morden.

India Relish

7 cups chopped cucumbers	2 tblsp. celery seed
4 cups vinegar	3 cups brown sugar
$1\frac{1}{2}$ tps. red peppers (more if desired)	
1 tblsp. mustard seed	

Put cucumbers through food chopper after removing seeds, if any, then put into basin sprinkling lightly with salt and let stand over night. In the morning put into colander and drain off all the juice and throw it away. Put vinegar, sugar and spices into saucepan and let come to boil. Add chopped cucumbers and let boil 5 minutes, then seal in hot sterilized jars.—Betty Luco.

Pepper Hash

12 green peppers	12 small onions
12 red peppers	

Grind through food chopper and cover with boiling water, and let stand 5 minutes. Drain and add 1 pint (2 cups) vinegar, 2 cups sugar and 2 tblsp. salt and boil all together 5 minutes and seal.—Anne O'Neill.

Apple Chutney

3 lbs. apples before peeling	$\frac{1}{2}$ oz. mixed pickling spice
2 large onions	1 dessert spoon salt
$\frac{1}{2}$ lb. brown sugar	1 qt. vinegar
$\frac{1}{4}$ lb. sultanias	

Place all ingredients in pan and boil $1\frac{1}{4}$ hours, stirring occasionally.—Beatrice Whitney.

Beet Relish

$\frac{1}{2}$ cup mustard	1 tsp. tumeric
$2\frac{1}{2}$ cups sugar	2 tblsp. celery seed
6 cups vinegar	$1\frac{1}{2}$ tblsp. salt
1 cup flour	5 qts. cooked beets, diced

Mix mustard, sugar, tumeric powder and flour. Dissolve in part of cold vinegar. Heat remainder, add this mixture. Add salt, celery seed and cook until dressing is thick.

Pour this over cooked beets, which have been chopped fine. Mix well and seal in sterilized jars. Nice served with cold mat.
Irvina Alexander.

English Mint Chutney

$\frac{1}{2}$ lb. ripe tomatoes	$1\frac{1}{2}$ cups seeded raisins
1 lb. tart apples	3 cups vinegar
3 large sweet peppers	2 cups sugar
6 small onions	2 tsp. dry mustard
$\frac{1}{2}$ cup mint leaves	2 tsp. salt
1 small hot pepper if desired	

Chop tomatoes, apples, onions, peppers, raisins and mint. Scald vinegar, add sugar and seasonings and let cool. When cool, add the ingredients, mix thoroughly and seal in sterilized jars. Let stand at least 10 days before serving.—Grace Alexander.

Cabbage Relish

1 qt. raw cabbage cut fine	2 cups brown sugar
1 qt. cooked beets, chopped	$\frac{1}{2}$ tsp. black pepper
1 cup grated horse radish	$\frac{1}{4}$ tsp. red pepper
1 tblsp. salt	1 qt. vinegar (about)

Boil spices and sugar in vinegar, when cold pour over vegetables and seal.—Sara Morden.

Household Hints

1. Nail polish in red colors is handy for labelling jobs. Various sized jam jars, for instance, are numbered with a corresponding number on the lid. The nail polish is not only simpler for small jobs, but it dries quickly, and can be removed with polish remover if you want to make a change.

2. Cushions can be made from ordinary dish cloths by threading a darning needle with various colored yarn and weaving in and out through the mesh in a planned pattern. The cushions were backed with broadcloth or chintz and finished with a frill.

—Anne O'Neill.

1. When washing windows, add a little starch to the water. This makes the dirt come off very easily, and the glass will have a highly polished finish when rubbed with the chamois.

2. Bathroom curtains, made from Turkish towelling, will remain fresh and clean looking because they absorb the steam without becoming limp and are easily washed.

3. Rust can be removed from tools and garden implements with a paste made of 1 part glycerine, 2 parts oxalic acid and 5 parts ground silica. This paste will remove even heavy deposits of rusts. Use gloves and a brush to apply. Let stand on the article for 20 minutes, then wash paste and rust off.

4. If there is a sharp corner on your bedsprings or a wire that catches and tears the sheets, try wrapping the corner or wire with adhesive tape.

5. Here is an interesting hint for those who paint their ceilings with a dull finish or flat white paint. After the paint has dried, make a solution of plain laundry starch and cold water (about the consistency of cream). Apply this over the painted surface with a large brush. When the ceiling needs to be cleaned, wash off the starch, which takes all the dust off with it, leaving the paint underneath like new. The starch paste makes a nice white finish.

—Betty Lucco.

1. Make a backrest for the invalid by slipping a washboard into a pillowcase and placing it behind a pillow. Or lean a folded card table against the head of the bed.

2. An improvised bed table can be made by putting an ironing board across the bed, resting it on the backs of two chairs.

3. An inhalator can be a large paper bag in which a three inch square hole has been cut.

4. To silence a door, tie a cloth from one door knob to the other.

5. A homemade wheel chair is easily made by attaching castors to the legs of a straight-backed chair, if your convalescent is too weak to walk around at first.

—Joan Sangster.

1. Never wash the piano keys with water. Use a soft cloth dipped in alcohol.

2. Starch added to dish water will give extra gloss to china and glassware.

3. Milk will not scorch so easily, if the saucepan in which it is to be heated, is first rinsed out with cold water.

4. Beef, when roasting, will not scorch so easily if a dish of water is placed in the oven with it.

5. The odor of fresh paint can be removed from a room by slicing an onion into a basin of water and leaving it in the room.

—Grace Alexander.

1. Clean your chesterfield without raising dust, lacking a vacuum cleaner, by putting a damp cloth over the chesterfield and beating it with a whisk.

2. To remove dust from hooked rugs, put them outside and sweep off with good clean snow.

3. Three inch wide runners can be fastened from the back to front legs of baby's high chair if he rocks it, letting the runners extend a few inches back and front. This is handier than tying the chair to the wall, since the chair can be moved wherever desired.

4. Blankets can have a "snow cleaning", too, once in a while by putting them in the snow, shaking them till the dust is all out and when hanging them on the line to air.

5. When washing a sweater run a darning stitch of wool through the neck of it. The thread is pulled fairly tightly and when the sweater is dry and the thread is withdrawn, the neckline is trim and neat as it was in the beginning.

—Jessie Morden.

1. Stand party candles in a deep saucer with soft wax and then float a few fresh flowers in the saucer.

2. Wet the shells of eggs to be boiled in cold water before dropping them into the water, which prevents them from cracking.

3. Rub a cake of soap inside the toes and heels of your new hose to postpone the inevitable holes.

4. Protect tucks with a layer of tissue when giving them a final ironing on the outside.

5. Cologne for patching up unruly curls—simply dampen the curl with cologne, roll it into a pin curl and it will dry in a jiffy.

—Irvina Alexander.

Hopeful

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Danish Apples Cookies

2 c. flour

1 tsp. baking soda

1 tsp. nutmeg

1 tsp. cinnamon

1/2 tsp. salt

Add 1 c. rolled oats

Beat until light.

walnuts. Drop by

sheet and decorate top with candied

Bake in 375 degree oven for 12 to 15 min.

3/4 c. shortening

1 c. firmly packed brown sugar

2 eggs

3/4 c. applesauce

add dry ingredients

Stir in 1 c. chopped

small. walnuts. Drop by teaspoon on greased

sheet and decorate top with candied fruit.

Bake in 375 degree oven for 12 to 15 min.

Barb B.
Southern Alberta's Beverage
of Distinction



SICKS' Ginger ALE

Equal amounts of buttermilk
and sugar (cup for cup) in a
kettle and boil very slowly.
(It will burn to bottom of
kettle if hurried) Keep stirring
until mixture turns a light
brown color and has a
texture of syrup. When cool
it turns quite thick and the
kids ^{will} love it on bread. H L H
